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Reiki Vidya Niketan

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Homage to a sadhak...

Dear Sadhaks,
Jai Gurudev

INSIDE THIS ISSUE:

Homage to a sadhak..	1
A Tale of Two Seas	2
Reiki Experiences	3
In search of Her God	4
Maha Shivratri Celebrations	5
The Om State of Consciousness while Reiki Treatment	6
Managing the desires of Youth through Spiritual Process...	7
A Birthday Wish to our Young Sadhak	8
Reiki Seminar Schedule	8

Here comes another newsletter for you. I trust your new year has begun well and has possibly set the right tone for the times to come. For sadhaks here, in India and especially in Devrukh, the year could have started better than how it did. We were all shell shocked with a demise of Gajanan Kulkarni, our young sadhak who died early at the age of only 28 years. Gaja as he was called by every one in the reiki family was one of the staunchest sadhaks and a great devotee of Shri Swami Samarth. Though suffering from deafness, a result of medical failure a few years ago, Gaja has been braving one operation after another for the last few years. He has been hoodwinking the death from time and again and had undergone a number of surgeries on his brain in the recent past. He was a regular visitor to the ashram while he was staying in Devrukh and the frequency of visits dropped in the last couple of years as he shifted out to nearby Chiplun town as demanded by his work with the Government. His visits were always events as he would ask many questions related to spirituality and I would write all those answers as he could not hear. That really enthralled everyone around. In fact Gaja was a voracious reader and used to read some scriptures and books difficult for a common man to digest. Obviously he would come out with many questions. He had a terrific quest for the knowledge. The sessions many a times used to last for hours together. Slowly these sessions started reducing in numbers as he got married and then shifted to Chiplun. Now they will never be held. The death has finally won the battle. I will be always missing him. He used to call me "Mauli" (a Marathi term for Mother) Who will call me Mauli now? Let Swami bless his soul forever. Let his soul rest in peace. We all have lost a good sadhak on this path. Our heartfelt condolences to his wife (Gayatri), mother and a child (Gargi)

This issue carries a poem which was originally written by Mrs. Shobhana Pundalik, a regular sewekari at the ashram and translated here for many readers who may not understand the meaning which is so divine. A tale of two seas is what I always say as a choice of sadhaks on this path. I am sure you will find the same interesting. An article on spiritual practices for youth may also provide a new dimension. Possibly the most interesting article that you may find is about the OM states of consciousness while taking or giving Reiki. That opens up another door of knowledge for all of us and will help us all to appreciate Reiki as a high level spiritual practice.

With love to you all,
Ajit Sir

A Tale of Two Seas.

Contributed by Pradeep Jain, Mumbai

Sitting in the Geography class in school, I remember how fascinated I was when we were being taught all about the Dead Sea.

As you probably recall, the Dead Sea is really a Lake, not a sea (and as my Geography teacher pointed out, if you understood that, it would guarantee 4 marks in the term paper!)

Its so high in salt content that the human body can float easily. You can almost lie down and read a book! The salt in the Dead Sea is as high as 35% - almost 10 times the normal ocean water. And all that saltiness has meant that there is no life at all in the Dead Sea. No fish. No vegetation. No sea animals. Nothing lives in the Dead sea. And hence the name: Dead Sea

While the Dead Sea has remained etched in my memory, I don't seem to recall learning about the Sea of Galilee in my school Geography lesson. So when I heard about the Sea of Galilee and the Dead Sea and the tale of the two seas -I was intrigued.

Turns out that the Sea of Galilee is just north of the Dead Sea. Both the Sea of Galilee and the Dead Sea receive their water from river Jordan. And yet, they are very, very different. Unlike the Dead Sea, the Sea of Galilee is pretty, resplendent with rich, colorful marine life. There are lots of plants. And lots of fish too. In fact, the sea of Galilee is home to over twenty different types of fishes

Same region, same source of water, and yet while one sea is full of life, the other is dead. How come?

Here apparently why. The River Jordan flows into the Sea of Galilee and then flows out. The water simply passes through the Sea of Galilee in and then out - and that keeps the Sea healthy and vibrant, teeming with marine life.

But the Dead Sea is so far below the mean sea level, that it has no outlet. The water flows in from the river Jordan, but does not flow out. There are no outlet streams. It is estimated that over 7 million tons of water evaporate from the Dead Sea every day. Leaving it salty. Too full of minerals. And unfit for any marine life.

The Dead Sea takes water from the River Jordan, and holds it. It does not give. Result? No life at all

Think about it.



THE SEA OF
GALILEE



THE DEAD SEA



Reiki Experiences I

(Sucheta Pawar, Mumbai)



Jai Gurudev,

Respected Guruji,

Thank you very much for the fabulous presentation.

I am trying hard to go by Reiki 'pratidnya'. Till now, at 5th day successful (almost) in not getting angry, also trying to keep up with the feeling of gratefulness and thus am very much comfortable, and happy also. Problem is with 'not to worry' thing. Half of the time I don't even realize that I am worried. Worry has become a close part of our lives. So it seems it is going to take a lot of time to be free from this disease. Your mails and this kind of presentations are actually keeping me alert about all these things.

Whatever this presentation says is absolutely true. one month back I was not even knowing what Reiki is and also not aware that I am increasing my own problems. So all thanks to the almighty God and also Reiki Brahma that atleast the awareness is there now so in future with all your blessings will become successful in implementing all the four 'MANTRAS', of being happy and also making others happy.



Reiki Experiences II

(Dr. Mohak Thaker, Baroda)



Jai Gurudev sir

Here are my recent experiences with patients which shows that reiki is the quickest of all even in acute problems.

Here I am writing few of my experiences in my clinic with patients having acute problems; I am just listing the conditions which are exclusively got well by reiki before my medicines have acted. the reiki given is only once or twice 10-15 Minutes in a distant manner.

- 1) a case of fever since 1 day with headache
- 2) a case of acute backache with legs pain
- 3) a case of acute attack of migraine with watering of eyes
- 4) a case of an acute attack of migraine with severe vomiting
- 5) a case of acute urine burning
- 5) a case of acute tonsillitis
- 6) 2 cases of acute earache
- 7) 2 cases of acute stomach pain
- 8) 4 cases of cough & cold
- 9) a case of diarrhea with fever
- 10) a case of fever, cough & cold
- 11) a case of acute sinusitis
- 12) a case of acute anxiety attack
- 13) a case of vomiting due to food poisoning

In Search of her God....

**by : Shobhana Pundlik, Baroda
(Translation of poem in Marathi)**

**Has anyone seen him? Has anyone sighted him? My Dattaguru..
How does he look? What does he do? Where does he stay? My Dattaguru...**

**Is he wearing a yellow cloth (Pitambar)?
Or is he wearing a tiger skin?
Is he holding a Trident in his hands?
Or is he holding a Disc (Chakra)?
Is he wearing a Rudrakh mala in his neck?
Or is he wearing a garland of flowers?**

How does he look? What does he do? Where does he stay? My Dattaguru...

**Does he stay at Kailas?
Or is he relaxing at the bottom of the milky ocean?
Does he stay in Devrukh?
Or is he sitting in the ashram right now?
Please, please can someone tell me all this?**

How does he look? What does he do? Where does he stay? My Dattaguru...

One of our senior sadhaks, Mrs Shobhana Pundalik comes for sewa regularly at the Devrukh ashram atleast for 10 days every year. At her age, which I presume to be around 70s she is very dynamic and hard working. Love and compassion are the second and third names for her. They are so much imbibed in her personality. In the environment of the ashram she gets very sentimental and pens her emotions in the form of a poem. This year she was in ashram for sewa in January. Her poetic prowess did not let us down even this time. The best part is she just writes something before she leaves ashram and leaves that at the feet of Swami and vanish. Our Mathadhipati on duty found this at the feet of Swami. Here is a translation of the poem she wrote in Marathi. It is impossible to translate the emotions, though words are easy to. We have tried to the best of our abilities. We believe it is not the words but the ashram energy that will be reaching out to you.

Maha Shivratri Celebrations at Devrukh



Mahamrutyanjaya Japa for 72 Hours

Mahamrutyanjaya Abhishek for 72 hours

Mahamrutyanjaya—Trambak Homa for 72 hours

on

28th Feb, 1st and 2nd March, 2010

A group of 30 Sadhaks who will keep Anusthan for a period of 28 days (starting from 3rd February) will perform the above rituals.

(All of you are cordially invited to join either as volunteers or just to enjoy the Divine space. Please register your names before 20th Jan., 2010 at Devrukh
*Ashram Ph 02354 241322 or * Krupa Choksi 08097033220

The OM State of Consciousness while Reiki Treatment...

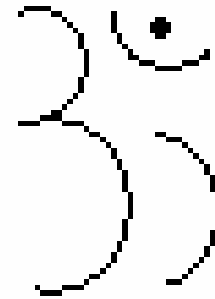
The excerpts from the Book *Reiki and the Healing Buddha* by Maureen Kelly

During a Reiki treatment the receiver often begins snoring and their reaction is to try and stop, especially if one of the people giving the treatment makes a comments or snickers about the snoring.

When people receive Reiki, they often enter into three kinds of consciousness at the same time. First their body goes to sleep, causing their breathing to change, which often results in snoring or other sounds as they begin breathing through their mouth. At the same time their minds are wide awake and they are aware that they are snoring, they can hear themselves. They can also hear everything in the room as well. Often their hearing becomes very acute but because their bodies are asleep and therefore their throats are asleep they have little or no wish to respond to what is being said during the treatment. Their attention is more than likely focused on what is happening in their mind's eye (Third Eye) where they often see colours or images very much like observing a dream.

The state of consciousness where a body is asleep, the mind is awake and yet they are dreaming is ideal for a reiki treatment. This state of consciousness is described in the symbol for the sacred sound of OM.

The first semi circle on the OM symbol represents being awake and it is connected to the second semi circle of Sleep. Across the small gap a semi circle represents the state of Dreaming. The gaps symbolizes that moment, just as you are dropping off to sleep, when you feel you have stepped off into nothing and your foot jerks, waking you suddenly with a fright and is perhaps why, in old children's stories going to the land of dream was often depicted as sailing across space towards some distant star. Dreams are important for our "self" discovery. They process and integrate information that we have gathered during our waking period by erasing or reinforcing information needed for our survival. In Buddhism it is said that dreaming is an active means of attaining enlightenment and is complimentary to the work done while awake to attain enlightenment. Dreams are said to originate from the total human which resides in **radiant light**. Going into a light dream state during a reiki treatment helps us to integrate the energy more effectively and allows the energy to reach right to our essence or total self.



The semi circle at the top of the symbol denotes that all three states awake, sleep and dreaming have become one state i.e. the person is doing them altogether at the same time, as can happen in a Reiki treatment. Both Hinduism and Buddhists believe that when you enter into this state of consciousness you are able to connect with the power of the universe. The sound of OM is said to represent the sound of the universe. The small dot in the symbol represents that moment of connection with the unexplainable power of the universe to which we often give the name of God.

Managing the desires of Youth through Spiritual Process....

Ashwini Telang

Spirituality is an age old wisdom. Wisdom which has helped to manage various situations in life time of human beings occurring at various times of life. Youth is one such progressive period in life which has always been proved to be a challenging task to manage. Even the modern psychology which has never ever taken the concept of spirituality seriously before, has started looking to this aspect of human life quite seriously and with a lot of promise and hope. A recent article in one of the Psychological magazines in India also has expressed the need of Spirituality during the period of Youth beautifully. As the author says “ spirituality has been identified as a protective resource for young people with spirituality predicting lower levels of desires. Spirituality is the search to know our true self and it is different from religion. Adolescence is an important time to study spirituality because it is a time when youths are seeking the sense of belongingness , self identity, life purpose, life direction and meaning in life.” As cited by the author in this article, a girl who exhibits spirituality will be a girl in touch with herself and her community and a girl able to self regulate in the presence of peer pressure, temptations and unwise choices. As we all know the elevation of consciousness level in the upper chakras actually help the young girls, and of course the young boys too, in managing these kind of situations very effectively.

Spirituality gives the sense of true love, sometimes adolescents think that sex is a way of expressing love, but true love is not based on sexual behaviour. Sex is only a small part of relationship. When one flows spirituality it determines, guides and controls each and every decision, action, reactions and interactions one makes or refuses to make. In this way it is a disposition to achieve a deeper, fuller and a better life. It provides motivation for successful and positive life.

One of the ultimate functions of spirituality is to empower the individual to achieve self control and self mastery skills, important in the prevention of the early sexual behaviour. Spirituality serves as a lens through which we view mind and body relationships, reflects life’s deepest longings : a purpose, a direction and meaning. Deep rooted feelings of inferiority, overwhelming sense of failure and yearnings for life meaning are important components. Spiritual disintegration reinforces one’s desire to engage in risky, palliative self absorption behaviour. It also decreases one’s ability to assess the personal and social resources that may help one find adaptive solutions to poor decision making, risky behaviour and unwise activities.

In a nutshell young age is the time of greatest desires but unfortunately they are not able to express these in a marriage relationships and so they make unhealthy decisions to fulfill their desires. At this time spirituality may provide guidance and motivate them to take healthy decisions in life. Spirituality gives directions not only to our thinking but also to our decision making and actions. Spirituality brings lasting and meaningful changes to our lives. As we change the universe around us changes too. With this change there is a nurturing of the inner qualities of the heart such as courage, hope, faith, compassion, tolerance, wonder and most of all love. The energies available at the level of youth consciousness can be effectively and efficiently channelised with the help of spiritual practices to achieve a more meaningful growth and elevation towards one’s self.

MEDITATION USEFUL FOR YOUTH

- Lie down on your back with your knees joined together, feet soles on the floor and hands open to the sky
- Close your eyes and observe your breath till it stabilizes.
- Take your whole attention to the Third Eye Chakra and imagine a tennis ball like ball which is half black & half white. Observe breath 12 times, a normal breath,
- Now shift your attention to the Root chakra (the base of the spine) and once again imagine a ball but with deep purple colour. Breathe 12 normal breaths. Observe each breath.
- Now shift your attention to the Occipital lobes and imagine the B/W ball turning purple. Observe 12 breaths. The ball will turn purple totally. Then relax for 3 minutes and come out of meditation.

A Birthday interaction with a Sadhak.....

Jay Gurudev Sir,

How are you sir? Today (27th January) is my birthday sir. I'm 18 now. Sir i want to thank you. You have given us every thing. One can not imagine that how great you are. Everyday I keep asking you and god for something and you gave me that all. Today i want ask you for anything I just want to thank you for all. You have changed my life sir. Today I'm having great life is just because of you. I also want to apologies for not doing things which you told me. But I can assure you that I will be the one who you want me to be. I may be slow sir and I'm sorry for that. Please sir, don't be angry on me if you will angry on me than everything is over for me. I'm sorry sir. Thank you so much sir.

Best wishes from all of us here on your Birthday. I pray to Swami to bless you specially on this wonderful day and the whole life thereafter. Let the whole life be a celebration. Let every day in your life be a birthday. What does it mean of a birthday? It is nothing but celebrations, blessings, gifts, joy, contemplation and self introspection. If that happens every day then every day becomes a birthday. The growth in every sense of the whole existence is what the birthdays are about. It is blowing off candle because when the Sun arises the candles are not required. To have the candle on is an insult to that great Sun and a waste of energy. Cutting Cake is nothing but cutting through all that which is sweet, beautiful, tasty so that you can share. Cutting does not divide here. It multiplies. So share your assets, goodness, happiness and everything worth distributing. Spread your goodness, love, compassion.

With lots of Love

Ajit Sir

The more I have learned about Reiki the more amazed I have been about Reiki and the more I have come to Love and appreciate this wondrous energy that we call Reiki

Maureen Kelly

Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	5th & 6th Feb	Mumbai	Ajit Sir	1st
2	12th & 13th Feb	Rajkot	Seema Trivedi	1st
3	19th & 20th Feb	Devrukh	Sangita Kulkarni	1st
4	28th Feb, 1st & 2nd March 2011	Devrukh	Mahashivaratri	
5	4th ,5th & 6th March	Devrukh	Swachetana Shibir	
6	9th & 10th April	Devrukh	Seema Trivedi	1st